

Lectio Divina

Prepare

Prepare yourself to receive from God. Slow down, relax, and intentionally release the chaos and noise in your mind to Him. Close your eyes and take a few deep breaths. Ask God to give you an openness in your spirit to hear from Him. Take as long as you need.

Read

Read the passage slowly, perhaps even out loud, allowing the words to resonate and settle in your heart. Enter into the scene in your imagination. Imagination is a God-given gift. Envision the scene. Carefully watch the people. Listen to how they interact. If the passage is not a scene but rather a promise, counsel, or exhortation, then soak yourself in its message & meaning.

Read the passage

Now that the words are familiar to you, read the passage again. Remember that reading Scripture is “encountering God Himself or hearing His voice.” Listen with the ear of your heart for a word, phrase, or detail of the passage that shimmers or stands out to you. Do not choose this yourself. Let the Spirit bring it to you. Even if you don’t like it—welcome it with meekness.

Reflect

Read the passage again slowly. As you do so and for a few minutes afterward, linger on the word or phrase that stood out to you. Sit with the word or phrase and savor it as a word of God for you. Do not rush past this moment. Why do you think these words resonated with you? Ask God, “How does this connect with my life today? What do I need to know or be or do?”

Respond

Read the passage one last time, listening attentively for anything else God might have to say to you. Allow the Scripture to lead you into a response of prayer, talking to God about what you think the Spirit might have said to you. You might thank God, ask Him for something, or push back on what you heard. Do not censor your thoughts or requests. Let them flow out freely before the Lord who loves you.

Rest

This is a time not to “do” anything, but just “be” with God. Receive God’s Word in your innermost being and rest in His presence. Give yourself some time to wait and be still before you reenter life as usual. Take God’s Word to you with you throughout the day. God loves to give good gifts to His children—receive it with joy and gratitude today.